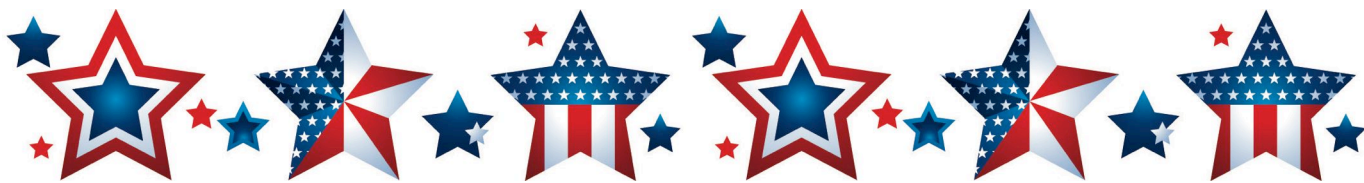


# NEW GENERATION



**MAYNARD COUNCIL ON AGING & SENIOR CENTER**  
50 BROWN ST., MAYNARD, MA 01754 • 978-897-1009





# Historic Moments

Regretfully, this current period of American history will be recorded with stories of turmoil, suffering and fear. Health scares, political tensions, civil unrest, and economic uncertainties will fill the context of text books.

But even in these challenging times, I'm grateful to be part of a forward-thinking, inclusivity-driven community in Maynard, and I want to highlight some of the historic achievements taking place in Maynard this summer:

The Maynard High School Seniors overcame the challenges of school closings and social isolation in order to graduate and move on towards their futures. Congratulations to Maynard's youth and our next generation of achievers!

We can mark a significant historic moment in Maynard of an uniquely successful Annual Town Meeting held "drive-in movie" style at the Mill & Main parking lot. My two greatest concerns were weather and turnout. We couldn't have asked for better weather, and I was excited to have the great number of voters participate. Everyone's support contributed to this historic achievement, including town officials, town staff, volunteers and the voters of Maynard. Within town staff, special recognition is due to Kyle Brainard, Justin Demarco, and Michelle Jenkins for their leadership and management of logistics and personnel.

Sometimes historically extraordinary circumstances also reveal opportunities for growth and re-imagining, as is the case as Maynard "re-opens" its downtown with restaurants, retailers and other enterprises partnering with Town Hall to provide services outdoors in accordance with public health guidelines. This is certainly no small undertaking, and may inspire a cultural shift of how we view the capabilities of Main, Nason, Summer Streets and the Naylor Court central parking area.

Thank you all for your patience and cooperation through this historically tumultuous period, and I look forward to seeing you on Maynard's streets again soon.

Please visit the town website [www.townofmaynard-ma.gov](http://www.townofmaynard-ma.gov) and click the below image. This page highlights Town Hall updates, daily updates of positive COVID-10 cases in Maynard, Massachusetts response, resources for businesses, and health and safety practices. You can also find a link to subscribe to the Town's newsletter.



Please be safe and cautious in your daily activities, and encourage your peers to do the same. Keep your ears and eyes open to further public health directions, and to news and offerings from the Council on Aging.

In an attempt to distract from the state of the world: Remember that I would include pictures of unique aspects of Maynard from time to time? Do you know where to find this month's?



**Sincerely, Greg Johnson**

Town Administrator | [gjohnson@townofmaynard.net](mailto:gjohnson@townofmaynard.net)

# Together Though Apart

On May 18, Governor Baker's Reopening Advisory Board released Reopening Massachusetts, a report outlining determinants based on public health data which will provide guidance for the four phases of reopening. The Baker-Polito administration issued the Safer At Home Advisory which included the recommendation that people over the age of 65 (and those who are at high risk for COVID-19 due to underlying health conditions) should continue to stay at home except for essential errands and to attend to healthcare needs ([www.mass.gov/reopening](http://www.mass.gov/reopening)). It is definitely worth reading if you haven't already. The Massachusetts Department of Public Health has issued a Face Covering Q&A which offers useful tips to review how to wear and take care of your masks <https://www.mass.gov/news/wear-a-mask-in-public>.

When the Councils on Aging began to close in mid-March, the Executive Office of Elder Affairs and the Massachusetts Council on Aging started to hold weekly teleconference meetings to provide COA Directors with updates on the state and regional levels as well as a discussion of what the "new normal" will look like for seniors and senior centers. Currently, our priority is to continue to follow the Safer at Home Advisory and the expectation that masks should be worn in places where social distancing is not possible. The Maynard Council on Aging will continue serve your needs and to offer and add virtual programs while considering how to open at a later date. Safety is of utmost importance as we continue to navigate what reopening might look like.

The COA van service continues to provide transportation for essential services such as grocery shopping, medical appointments, banking, and pharmacies. As hair salons have now reopened, we will include this as an essential service. Our van drivers will be wearing face shields when assisting a rider on and off the lift since this requires contact closer than six feet.

The COA is "open," though closed to the public, and continues to provide all supportive services such as referrals to homecare, health insurance counseling, public assistance programs and others. If you leave a message on the COA's voicemail (978-897-1009) with any questions or concerns, we will get right back to you.

The COA's Facebook page is up-and-running! Recently posted are the great Zoom fitness classes that we offer (see page 9). We would like to know more about what types of virtual programming you are interested in – educational, cultural, musical, etc. Please leave a message at the COA or email me at [aloveless@townofmaynard.net](mailto:aloveless@townofmaynard.net). We would love to hear from you about what you have been up to for these last few months – email me a description and a photo and I'll post (or include in the next newsletter)!

To end on a very high note, on behalf of the Maynard seniors, I would like to extend congratulations to the Maynard High School Class of 2020!

~ **Amy Loveless**

Director, Maynard Council on Aging &  
Senior Center



### What is Hyper-Reach?

The Hyper-Reach system allows authorized Town officials to create and rapidly disseminate time-sensitive messages to every telephone number and email address stored in the notification database. With the Hyper-Reach system, authorized users can send thousands of messages in minutes. Only authorized officials are allowed access to the system – the database will NOT be shared with third parties.

Any message regarding the safety or welfare of our community would be disseminated using the Hyper-Reach service. Examples would include severe weather warnings and updates, hazardous traffic or road conditions inside the town or affecting local routes, and any other situation that could impact the safety, property, or welfare of our citizens. It is our intention and hope that every residence and commercial facility in our community be included in the notification database.

### How to Enroll

- Click Here to enroll with Hyper-Reach
- Text "Alert" to 978-307-8700
- Call 978-307-8700

*Note: Passwords should be 10 characters or less*

Citizens can also download the Hyper-Reach Anywhere app on their smartphone. Hyper-Reach Anywhere is a free smartphone app that allows individual citizens to manage and monitor the alerts they receive, both for their home and office addresses and for other addresses they care about such as those of elderly relatives or friends.

### How to assure you receive alerts

978-344-6060 is the Town of Maynard's dedicated phone line for all Hyper-Reach reverse 911 calls, so be sure to add it to your contacts so you won't miss a message.

# Hyper-Reach

Reach Beyond Technology

## Virtual Communication Resources

### Airtime

If you want to video chat with friends while watching your favorite show, movies, etc, you can use the platform Airtime. This app allows you to see your friend's real time reaction to the videos you love or hate.

**Features:** Personalize your own rooms for peaceful and private interactions between trusted groups. Watch YouTube videos, TV shows, etc along with friends. Chatting with almost 10 friends at a time and watch their priceless reaction at real-time. Customize your chat with sound reactions, face masks and animated stickers.

### Facebook Messenger

As famous as Facebook, this video calling app is trusted by people around the globe. Facebook Messenger is available for free for both iOS and Android users through any web browser logged into your Facebook account.

**Features:** Using either names or phone numbers, you can easily find your friends. Works across devices and operating systems. Connect with people internationally within no time. Add fun art and effects to your pictures and videos and share them instantly with your connections.

### FaceTime

Designed especially for iOS devices, FaceTime makes it extremely easy to connect with people no matter what country or corner of the world they are in. You are just a click away from making a high-quality video call to any iPhone, iPad, or Mac device.

**Features:** Make High Definition (HD) video calls. Get incoming calls on your iOS devices even when FaceTime is not running. Receive incoming calls on all your Mac devices so it makes easy for you to answer.

### Google Duo

This app is quite simple to use — Log in, verify your number, and make quick video calls just like standard phone calls. The simplicity of the app's interface brings the video calling feature to the forefront.

**Features:** Cross-platform functionality lets you make calls across Android and iOS devices. Check the person who is calling you before you decide to answer it

or not. Faster and reliable video calls regardless of Wi-Fi or mobile connection. Extremely simple interface makes it easier to make video calls.

### Hangouts

Backed up by Google, Hangouts is an excellent video calling app if you are brand specific. Hangouts lets you connect with up to 9 people at once. There is no need to sign up for a new account if you already have one. Not just Android-powered smartphones and tablets. Hangouts can be installed on iOS devices as well.

**Features:** Include all your contacts with group chats for up to 150 people. It can turn any group conversation into a video call up to 10 people. App works on Android and iOS devices, and syncs chats across all your devices. Easily connect their Google voice account for phone calls, SMSs, and voicemail integration.

### Skype

Skype is the app to stay connected with people around the globe. Skype works on a wide range of devices and is one of the most reliable video chat apps.

**Features:** Send photos, text, videos, voice messages, and many more. Call any device, Skype, mobile, or landline. Keep your family and friends updated with the Highlights from your day. Enjoy low calling rates to landlines and cell phones across the globe.

### WeChat

If you are one of those people who are not that much into FaceBook then you should give WeChat a try. This is one of the apps that is incredibly increasing its user base and lets you connect easily with family and friends across the globe. This is an all-in-one app for chat, voice and video calls, sharing pictures, and much more.

**Features:** Free high-quality voice and video calls to anywhere in the world. This app provides the highest level of control over your privacy as it is certified by TRUSTe. Users can also share their pictures on their personal photo stream. Localized in nearly 20 different languages.



## The Maynard Farmers' Market will open on Saturday, June 27 at 9am in the Mill Pond Parking Lot on Main Street in Maynard.

We are excited that we can hold the market this year and we will be following guidelines from state and local organizations to insure that our vendors and customers have a safe experience. You'll find the freshest local produce at Applefield and Brigham Farms, meats, poultry, eggs, cheeses and other local products such as jams, relishes and coffee beans at Balance Rock Farm, honey and honey products at Hudson Hives and baked goods from The Cookie Lady. New periodic vendor Maple Rise will offer maple cream, maple sugar and maple powder

How will your shopping experience change? We are required to limit the number of shoppers in the market area and you will follow a one-way flow through the vendors. Your items must be selected for you by the vendors (no touching until after payment). We know it makes the farmers market experience different. We know in some cases that it slows down service. We don't like it any more than you do and neither do the farmers. Here are some of the other rules you will need to follow to ensure a safe environment for everyone:

- If you're sick, or under quarantine, stay home.
- Shop alone if you can. Leave the kids at home if possible.
- Masks or other face coverings over the nose and mouth are required.
- Use the provided hand sanitizer before entering the market.
- No pets allowed in the Market area.
- Stay six feet apart: follow social distancing rules.



We want to be sure you have access to fresh local food in a safe manner and we want you to support our vendors who depend on the market. Be sure to visit our website – [maynardfarmersmarket.com](http://maynardfarmersmarket.com) - for a diagram of the Market layout and the opportunity to pre-buy from some of our vendors. Follow our Facebook page for the latest updates [www.facebook.com/MaynardFarmersMarket](http://www.facebook.com/MaynardFarmersMarket) If you have questions or are interested in being a day-of market volunteer, email [MaynardFarmersMarket@gmail.com](mailto:MaynardFarmersMarket@gmail.com). We look forward to welcoming you to our 25th season!



*"A Measure of quiet" by Gail Erwin*

### Of Trees and Ruins

*Images on silk and paper by*  
**Gail Erwin**

Gail Erwin explores trees and ancient ruins. Like a post-apocalyptic landscape, the pandemic has created a world on the verge of ruin (or perhaps rebirth), of being brought closer to nature.

#### IN GALLERY

**May 26 – August 22**

*Reception TBD*

#### ONLINE

**[6bridges.gallery/  
of-trees-and-ruins/](https://6bridges.gallery/of-trees-and-ruins/)**

#### NEW GALLERY HOURS

**Thurs – Saturday, 12 – 5 pm**

- Masks required
- Hand sanitizer available for use as you enter our gallery

#### GIFT CERTIFICATES & PERSONAL SHOPPING

**[6bridges.gallery/shop/](https://6bridges.gallery/shop/)**

Give the joy of art and fine craft. Available via email, curbside pickup and U.S. Mail.

Shop our entire collection of art and fine craft from the comfort of your home via FaceTime or Zoom. Curbside pickup.



**6 Bridges Gallery**  
FINE ART AND CRAFT

[6bridges.gallery](https://6bridges.gallery)

77 Main Street, Maynard, MA 01740

[6bridgesgallery@gmail.com](mailto:6bridgesgallery@gmail.com)



# Consumer Reports Online

**ConsumerReports.org**

Find Ratings



A-Z Index

Over **6920** Products Rated

Find Ratings ●●●●●●

Cars ▶

Appliances ▶

Electronics ▶

Home & Garden ▶

Babies & Kids ▶

Money ▶

Shopping ▶

Health ▶

Try ShopSmart Magazine

No Hype • No ads • Just great buys

Order Now!

## TIME FOR A NEW LAWN MOWER?

If your mower or tractor has seen better days,  
now's the time to get a deal on a 2014 model

Get all the details

### Recent Tests



Cell phones



Computers



Generators



Headphones



TVs

Available to Maynard residents from home with a library card number to log in.  
Try it out today at:  
[www.maynardpubliclibrary.org/databases](http://www.maynardpubliclibrary.org/databases)

## Do You Miss Browsing for Books?

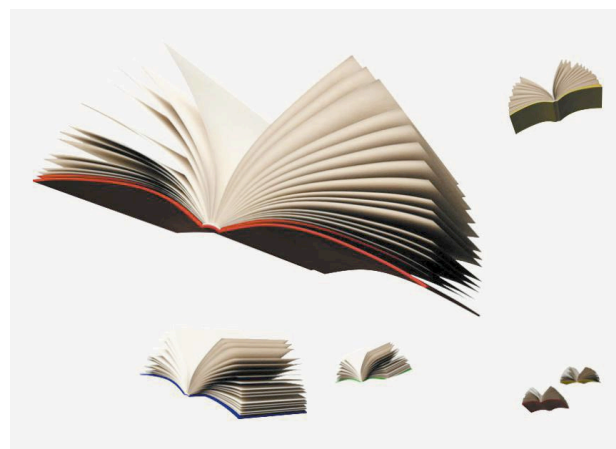
Stop by the library to view some new books in our window displays. New adult books can be seen in the windows near the bike rack and the daylilies. Anything you see is available to borrow! Request in the catalog, send an email to [maycirc@minlib.net](mailto:maycirc@minlib.net) or call 978-897-1010 x103.



OR Browse online at

<https://www.maynardpubliclibrary.org/new-items-adult>

You can scroll through all our new items and click on the images to view them in the catalog and then request the ones you want!



## Adult Summer Reading at the Maynard Library

Stretch your reading wings this summer. Read books and complete activities to be entered into raffles—gift cards to local businesses.

Begins June 29! Find out more at  
<https://www.maynardpubliclibrary.org/adult-summer-reading>



# *Using the Maynard Library in Phase 2*

## **How to Request Items**

At this time, we are able to offer Maynard Public Library materials to borrow. You can request them in three ways.

1. Request items through the library catalog, choosing Maynard as your pickup location.
2. Send a email to [Maycirc@minlib.net](mailto:Maycirc@minlib.net).
3. Call the library at 978 897 1010 X 103 and leave a message. Be as specific as you can with title and author name.

## **How to Pick Up Items**

Curbside pickup is now available weekdays from 2-5. In order to ensure safe distancing, appointments to pick up items can be made in 20-minute time slots.

There are three ways to make an appointment:

1. Click this link  
<https://www.maynardpubliclibrary.org/curbside-pickup> in your notification email and schedule your appointment online.
2. Send email to [maycirc@minlib.net](mailto:maycirc@minlib.net) with your preferred time (or several). We'll honor that as best we can.
3. Call Circulation at 978-897-1010 and suggest a time. You may have to leave a message.

Your item(s) will be checked out, bagged and labeled with your name, and placed on the Holds cart just outside the door. You can just pick up and go! If another patron is picking up when you arrive, please wait at a distance until they are finished.

## **How to Return Items**

Maynard Public Library items may be returned to the book drop each weekday from 9-5. These will be quarantined for 4 days and then checked in. Items belonging to other libraries may not be returned to Maynard yet. All Minuteman Network materials are checked out until June 30, 2020.

## **Network Delivery**

We hope to resume network delivery soon, which will allow the return and request of all network items. Watch the library website for updates.

# July Events

## Summer Movies to Enjoy

Grease • Jaws • Dirty Dancing  
Stand By Me • Summertime  
American Graffiti • Little Miss Sunshine  
Do The Right Thing  
Something's Gotta Give • The Notebook

## Virtual Visits to the Best Summer Sun & Fun!

### 50 Best Beach Cams in the U.S.

<https://www.livebeaches.com/category/50-best-beach-webcams/>

### Summer Cams

<https://www.earthcam.com/events/summercams/>

## Virtual Summer Events

### Tanglewood

The Tanglewood 2020 Online Festival will be available starting July 1st on Tanglewood's website, with participating artists including cellist Yo-Yo Ma, pianist Emanuel Ax, violinist Joshua Bell, and pianist Jeremy Denk. Other programming includes a best-of retrospective of "Tanglewood on Parade," hosted by Tanglewood mainstay James Taylor, set to debut in August.

### Boston Pops

Instead of the traditional Independence Day concert on the Charles River Esplanade, the orchestra will put on "A Boston Pops Salute to Our Heroes" — a virtual event honoring front-line workers and paying tribute to those who have lost their lives to COVID-19.

The Boston Pops' virtual July 4 performance will feature newly created content from the orchestra and from guest artists, as well as traditional Fourth of July favorites and highlights from recent broadcasts of the traditional fireworks festivities. It will air beginning at 8 p.m. Saturday, July 4, on WHDH Channel 7, Bloomberg Television and Bloomberg Radio.

Enjoy some of Greater Boston's best experiences virtually!

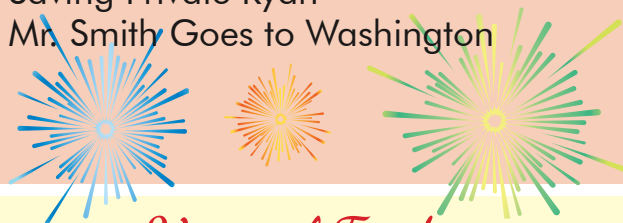
Although there are many temporary COVID-19 related closings, you can still explore your favorite Boston area attractions.

Make a virtual visit to Louisa May Alcott's Orchard House in Concord, MA via the website for Freedom's Way National Heritage Area. Here, you can enjoy many other virtual cultural experiences.

Each day the Museum of Fine Arts will be highlighting various pieces of art over social media with descriptions, podcasts and commentary.

## Patriotic Movies to Celebrate the 4th of July

Hamilton (out July 3, 2020)  
Hidden Figures • Forrest Gump  
Independence Day  
Born on the Fourth of July  
A League of Their Own  
Top Gun • The Patriot • Lincoln  
Saving Private Ryan  
Mr. Smith Goes to Washington



## Virtual Friday Series Programs

### Maynard Historical Society Archives

([www.collections/maynardhistory.org](http://www.collections/maynardhistory.org))  
Explore Maynard's history through documents, photographs, artifacts and memorabilia.

### TED TALKS

([www.Ted.com](http://www.Ted.com))  
Short (18 minutes) talks on everything from technology, science, nature, health, inspiration, personal growth and more. Talks include "A virus connection network to stop the next pandemic," "Let's make the world wild again," "How to be your better self in times of crisis," and more.

### Take a virtual visit to our National Parks

<https://www.nationalparks.org/connect/blog/take-virtual-visit-national-park>

## PLAYBILL®

15 Broadway Plays & Musicals to Watch at Home  
<https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home>

### National Theatre Live

Critically acclaimed performances each week via YouTube. <http://ntlive.nationaltheatre.org.uk/>



# July Events

## Fitness Classes

### **Yoga & Stretch with Rebecca • Tuesdays at 9:30am**

Maynard COA instructor Rebecca Reber will lead you through a series of yoga poses and stretches while you are seated on a chair. Safely build strength and stability and enjoy guided meditation to reduce stress and anxiety. This is Zoom class which allows you to see and interact with other Maynard seniors. Please call the COA at (978) 897-1009 or email Amy Loveless directly at [aloveless@townofmaynard.net](mailto:aloveless@townofmaynard.net) to sign up.

### **Fitness with Holly Level 1 • Mondays & Fridays at 11am**

Join us in this fun, motivating (and at times challenging!) class where senior exercisers look forward to attending. Participants will start at a beginner level using a chair when necessary and are guaranteed to improve their strength, cardiovascular endurance, balance and flexibility. Come join the fun with other Maynard seniors on Zoom and improve your health & wellness. Holly Kuovo is a personal trainer who taught the successful Brains & Balance class at the Maynard COA. Please call the COA at (978) 897-1009 or email Amy Loveless directly at [aloveless@townofmaynard.net](mailto:aloveless@townofmaynard.net) to sign up.

### **Zumba Gold on Chair (Coming very soon!) • Mondays & Wednesdays**

Zumba Gold on Chair is a Latin-inspired dance cardio fitness class for anyone who prefers exercising in seated position. This pre-recorded class by Maynard COA's YC (Yachun) will be posted on her Zumba dance website on Monday and Wednesdays, from 9:00 a.m. to 1:00 p.m. A new video will be offered every week. Please call the COA at (978) 897-1009 or email Amy Loveless at [aloveless@townofmaynard.net](mailto:aloveless@townofmaynard.net) to sign up.

## Great Zoom YouTube Tutorial!

Marcia Chadly guides you through the how-to of responding to a Zoom invitation for a fitness class or an educational program. There's nothing like being able to "see" the steps to take. Once you've watched her presentation, or maybe reviewed a second time, you'll feel ready to join Zoom!

<https://www.youtube.com/watch?v=9isp3qPeQ0E>

### *Internet Service Offers*

#### **Free or Lower Cost Options**

(eligibility varies based on income)

#### **Comcast Essentials**

(855) 846-8376

**Verizon** (for participants in the Lifeline program or FIOS at a lower rates)

(800) 837-4966

#### **AT&T**

(855) 220-5211

Eversource is offering flexible payment plans to all customers who are having difficulty paying their energy bill during the COVID-19 pandemic.

Establishing a payment plan enables customers to pay their past-due balances over an extended period, depending on their rate class and the state in which they live. Once participating in a payment plan, customers are protected from service disconnection and are not charged late fees or interest if they continue to make regular payments.

For financial hardship customers in Massachusetts, Eversource continues to offer special payment arrangements, such as New Start, which provide forgiveness on past-due balances based on making scheduled payments.

[www.eversource.com](http://www.eversource.com) • 800-592-2000

# Teresa Shaw's Home Bakery

## Chewy Red Raspberry Bars

½ cup butter  
1 cup brown sugar (light or dark)  
½ tsp almond extract  
1 cup flour  
1 tsp baking powder  
1 cup oats (quick or old fashioned)  
½ cup raspberry preserves (I always use more...I like more filling)

Preheat oven to 350. Grease an 8"x8" pan.

In a mixing bowl beat butter with brown sugar until smooth and fluffy. Add almond extract. Mix in flour, baking powder and oats. Mix until combined and crumbly. Remove ¼ cup to use as topping and set aside. Pat remaining mixture into the bottom of prepared pan.

Spoon raspberry preserves on top of mixture, spreading without disturbing the bottom layer.

Sprinkle reserved topping on top of preserves.

Bake 30 to 40 minutes until golden brown. Cool on wire rack. When cool, cut into squares.

## Glorious Peach Crisp

*Perfect for One Person!*

Preheat oven to 350°F.

### For Filling:

1 large peach, pitted and diced  
1 tbsp light brown sugar  
1 tsp all-purpose flour  
1/8 tsp ground ginger

### For Topping:

3 tbsp all-purpose flour  
3 tbsp rolled oats  
1 tbsp light brown sugar  
2 tbsp butter, melted

### To make filling:

Mix together peaches, brown sugar, flour, and ginger in a small bowl. Transfer mixture to a 5"x5" baking dish or 8 oz ramekin greased with cooking spray.

To make topping: In another small bowl, mix together flour, oats, brown sugar, and melted butter. Scatter topping evenly over peaches.

Bake 33 minutes until topping is golden.

## My Favorite Carrot Cake

2 cups sugar  
2 cups flour  
3 cups finely grated carrots  
2 tsp baking soda  
1 ¼ cups vegetable oil  
4 eggs  
2 tsp cinnamon  
2 tsp vanilla  
1 ½ cups raisins (optional)

Preheat oven to 350.

Mix sugar and oil in mixer. Add eggs. Mix in sifted flour with baking soda and cinnamon. Add carrots and vanilla.

Pour into 2 round greased 9" cake pans. Bake 35-40 minutes. Check after 30 minutes. If a toothpick comes out clean it is done.

Cool on baking racks. Remove from pans after 10 minutes. Frost when cool.

Teresa's tip: Grease and use parchment paper in cake pans.

### For Frosting:

1 (8 oz) block cream cheese  
1 stick butter  
1 box powdered sugar  
Lemon juice to make spreadable

Mix butter and cream cheese in mixer until blended. Add powdered sugar until blended and then add lemon juice (or milk) until frosting is spreadable.







## ***Do you have technology questions?***

### **FREE 1-on-1 help**

Cyber-Seniors Technology Mentors are young people who have been trained to teach technology to older adults and are standing by to help with your smart phone, iPad or computer. You can also learn to:

- Set up a video call with friends and family
- Order groceries and medication online
- Stream movies, musicals and news shows
- Schedule appointments with medical professionals over video

Call **1-844-217-3057**,  
email **info@cyberseniors.org** or  
go to our website at **www.cyberseniors.org**  
to register for FREE webinars or to schedule FREE 1-on-1 help  
over the phone or via video conference



At Open Table, we continue to welcome anyone in need at our drive-thru pantry on Tuesdays and Thursdays. Our hours are Tuesdays, 1:00 p.m. to 6:30 p.m. and Thursdays, 3:00 p.m. to 6:30 p.m. If you are not currently registered, just come those days after 5:00 p.m. and we'll get you set up and send you home with groceries!

We have fresh produce from local farms, including Gaining Ground in Concord, plenty of dairy, proteins, and shelf-stable pantry items. There is no shortage of food so we can feed everyone. We also have prepared meals to take with you. So please, if you need assistance, come see us – we're here to help.

Please note: we will be closed the week prior to July 4th, from June 29 through July 3, to give our tireless volunteers a much-needed break.



**Minuteman**  
SENIOR SERVICES



**YOU CAN!**  
**Stay Connected**  
**While Staying Home**



During this challenging time, Seniors may especially struggle with the problem of social isolation which can put them at a higher risk for various conditions. As we respond to COVID-19, establishing new daily habits can be a challenging but rewarding opportunity to create and maintain connection with others while staying safe at home. Maintaining social distance does not mean you can't be social!

#### Here are 7 ways to Be Social at a Distance:

- Email: Rekindle old friendships or check in regularly with your friends & neighbors.
- Read aloud: Whether over the phone or video chat, share a beloved book or interesting article with a grandchild or family friend.
- Take a stroll down Memory Lane: Clean out your closet, look at old photos or scrapbooks and reach out to the people who shared those great times with you to relive them together.
- Find an Online Workout Buddy: There are thousands of fitness routines available online and on public TV. Share with friends and find exercise buddies to work out "with" separately in your own homes.
- Play Together Online: Online games are a great way to exercise your mind, sites like Tabletopia offer virtual boardgames where you can invite friends or connect with other players worldwide.
- Volunteer Online: Do something good right from your couch- virtual volunteering projects are available through organizations like the Smithsonian, the United Nations, and the Crisis Text Line.
- Host a Virtual Party: Meet up for coffee, lunch, birthdays and other gatherings online. There are free chat services available through sites like Zoom and Facebook. You can also contact your local Senior Center to see if they are hosting any online activities or events.
- Teach Others Online: If you have talents, skills or lessons you'd like to share, you can use devices like your phone or computer to record and post these online for others to learn.

Despite the negative effects of physical isolation, you can make the choice to connect and maintain a support system to protect your health and well-being while staying safe at home.

Source: National Council On Aging

If you are having feelings of overwhelming loneliness, here are some local resources that can help:

**1-800-640-5432 Advocates** – Emergency psychiatric services, and mental health counseling

**1-508-532-2255 Crisis Support** – Call or Text to Talk (Text C2T 741741)

This Healthy Living message is sponsored by:







## REP. KATE HOGAN'S SENIOR NEWS JUNE 2020

### **Food & Meal Resources**

The simple "every day" act of going to the grocery store has been upended during the coronavirus pandemic. For a number of folks in our district, and especially for some seniors, acquiring regular meals has become risky, difficult and/or unaffordable. Fortunately, there is help. Following are resources and details for anyone impacted by food insecurity:

### **State Assistance**

Project Bread's toll-free Food Source Hotline is an important source of community-based information on elder meal programs, school meals and SNAP. Call the hotline at 1-800-377-1292 available from Monday - Friday (8am - 7pm) and on Saturday (10am - 2pm).

The Commonwealth's Department of Transitional Assistance offers assistance with food and cash benefits to residents based on eligibility. To see if you qualify, visit <https://dtaconnect.eohhs.mass.gov/>

Meals on Wheels delivers lunch to homebound seniors who are unable to provide their own meals, and who meet certain guidelines. Meals on Wheels can be arranged through Minuteman Senior Services, 781-272-7177.

#### **Food Pantries**

Open Table's Pantry is open for "drive-thru" pantry service. Guests arriving by other means of transportation (walking, biking) will, course, also be served. Guests should keep their regular appointments during these times. Our pantry will be open during regular operating hours (we will be open rain or shine!): Tuesday 1:00 - 6:30pm and Thursday 3:00 - 6:30pm. New guests are welcome between 5:00 - 6:30pm. For more information contact Open Table at (978) 369-2275 or [www.opentable.org](http://www.opentable.org)

Maynard Food Pantry will be open for pick up or drive-thru only on Mondays. 978-764-5279, [www.maynardfoodpantry.com](http://www.maynardfoodpantry.com)

Acton Food Pantry is open to Maynard residents and anyone in need of food. It is open on Wednesdays from 10 am – 7 pm and Thursdays from 9:30-11:30am as a drive-thru pantry only. 978-635-9295, [www.actonfoodpantry.org](http://www.actonfoodpantry.org)

In Maynard, the Police Department is offering pick-up and delivery services for residents with a high risk of contracting the novel coronavirus. This includes the delivery of groceries, prescriptions and over-the-counter medicines and vital supplies.

### **Special Hours for Shopping**

Local grocery stores have announced special shopping hours for seniors and those with a weakened immune system:

**Shaw's:** 7:00 to 9:00am for shoppers age 60 and older on Tuesdays and Thursdays.

**Stop & Shop:** 6:00 to 7:30am for shoppers age 60 and older every day.

**Market Basket:** 5:30 to 7:00am for shoppers age 60 and older on Tuesdays, Wednesdays and Thursdays.

**Walmart:** 6:00 to 7:00am for shoppers 60 and older every day.

**Walgreens:** Tuesdays 8am-9am

**Osco Drug Pharmacy (located in Shaw's)** 978-897-1736, is offering prescription delivery free of charge during this crisis. Please note that deliveries must be requested by 10:00am for same day delivery; otherwise the prescriptions will arrive the next day. Customers must pre-pay for their prescription co-pays over the telephone. (When the stay-at-home-order is lifted, the customary delivery charges will be reinstated.)

### **Delivery Services**

Many online businesses offer grocery delivery services, including Amazon Pantry, Instacart, Peopod, Roche Brothers, and Wegman's.

Other organizations offer fully-prepared, ready-to-eat meals or pre-packaged meal ingredients that are ready to be prepared. Prices for these services vary. These offerings can include meal ingredients customized to your diet.

# SHINE (Serving Health Information Needs of Everyone)

Minuteman  
SENIOR SERVICES



- Are you turning 65 and want information about Medicare?
- Are you 65 and losing employer group health insurance due to a recent job loss?
- Are you disabled and under age 65 covered by Medicare with questions?
- Are you a Medicare beneficiary and concerned about prescriptions costs, medical billing and co-payments?
- Are you living on a fixed income and having difficulties keeping pace with living costs, food, and healthcare costs

If you answered yes to any of these questions, the SHINE program is here to help. Most questions can be answered over the phone, information can be emailed or mailed to your home and, when necessary, remote counseling can be arranged.

Minuteman Senior Services continues to offer no cost, confidential Medicare benefits counseling to anyone with questions about Medicare Part A, Medicare Part B, Medigap supplements, prescription coverage and Medicare Advantage plans. For help, call the Minuteman Senior Services SHINE line at 781.221.7029 or email [SHINE@minutemansenior.org](mailto:SHINE@minutemansenior.org).

## Emerson Urgent Care Hudson is Reopening Wednesday, June 10 for Urgent Needs and COVID-19 Evaluation/Testing!

- Now OPEN, 9am - 4pm, Monday - Friday (hours will expand in the near future).
- Hudson Urgent Care is located off exit 26 of I-495 in The Shops at Highland Commons.
- Available for walk-in care for patients with urgent needs including respiratory symptoms, ECG, X-ray, and more.
- COVID-19 testing is available following an urgent care physician evaluation.
- Telemedicine visits are available when appropriate.
- Learn more at [www.EmersonUrgentCare.org](http://www.EmersonUrgentCare.org)

We are excited to announce that preventive health care, routine health screenings such as mammograms, annual physical exams, colonoscopies, elective surgeries, and most services are now open at Emerson Hospital. Our primary care and specialty practices are fully operational.

It is now time to take care of your health. Call your doctor to schedule an appointment for services you have deferred. Emergency care and procedures continued safely throughout the pandemic. It is safe to come to the hospital and to consult with your doctor.

### KEEPING YOU SAFE

- Screening/Masking: Everyone entering our facilities — staff, patients, and visitors — is screened for symptoms. They are required to sanitize their hands and wear a mask while in the hospital or office. Accommodations will be made for patients who cannot tolerate a mask.
- Personal Protective Equipment (PPE): We have an ample supply of PPE and follow strict guidelines from the Centers for Disease Control and Prevention. All staff wear surgical masks. At times, they might wear a special N95 mask, gown, gloves, and face shield.
- Rigorous Cleaning: Frequent, thorough, and enhanced cleaning protocols have been implemented throughout the hospital and our off-site facilities. This includes disinfecting exam rooms, common areas, waiting rooms, rest rooms, and all equipment.
- Social Distancing: We continue to limit visitors in our facilities. We modified our reception areas to allow for social distancing, including plexiglass shields at check-in.
- Hand Hygiene: Hand sanitizer is available throughout the hospital and our offices so patients, visitors, and staff can clean their hands easily and frequently. We also encourage everyone to wash their hands with soap and water frequently.
- Virtual Visits: We continue to offer telehealth/virtual visits for patients when possible.





## REP. KATE HOGAN'S SENIOR NEWS JULY 2020

# Memorial Day 2020

Following are remarks that State Representative Kate Hogan delivered on Memorial Day 2020 in a modified version of Stow's traditional Memorial Day ceremony.

We meet here today, in a time of great challenge, to commemorate the men and women who gave their last, full measure of devotion to preserve, protect and defend the United States of America.

This year we did not walk in formation from Center School to gather, in this place, at this time, amidst our fallen heroes. We will not proceed from here to the Memorial Statue after these services. We will miss our annual reading of the Gettysburg Address by a student from Nashoba High School. A pandemic has forced cancellation of Memorial Day Ceremonies.

While we are not able to stand together as a town body at this time, those of us who are here today are here for you. Reading the list of our town's fallen is a solemn occasion that gives us time to reflect upon and honor each of the individuals who left us to serve our country and never came home. We honor their devotion. We honor their commitment. We honor their sacrifice. We remember.

President Abraham Lincoln's Gettysburg Address described the battlefield cemetery upon which he stood as hallowed grounds, holy and sacred. And, as we speak the names of our fallen at Brookside Cemetery, we are also standing on hallowed ground.

President Lincoln resolved that "the dead shall not have died in vain" and by that he meant that we, the living, are responsible for dedicating ourselves to achieving that for which they gave their lives.

Today, as we stand a nation riven by disagreement, may these battle fields and those whose blood and honor have made them sacred serve as sobering inspiration to create a more perfect union.

May they help guide us on a path to greater understanding. As fellow countrymen who can respect each other. As colleagues who can work across differences. As Americans who can and must meet 21st century challenges, together.

I would like to ask for a moment of silence for the veterans lost at the Holyoke and Chelsea Soldiers' Homes due to COVID-19. We commit to ensuring that the loss of life endured there must never occur again.

This is also a time to offer our gratitude to all the members of our Armed Forces, including our own Massachusetts National Guard and our first responders for their dedication to duty and service in this time of national emergency.

God Bless and protect those in harm's way. God Bless our fallen, may they know eternal peace in the arms of their God. God Bless our Veterans. May God Bless this great Commonwealth and may God Bless the United States of America.

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### Contact Rep. Hogan:

**My (virtual) door is always open. If you need assistance or would like to contact me, please call me at (617) 722-2199 or email me at [Kate.Hogan@mahouse.gov](mailto:Kate.Hogan@mahouse.gov).**

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**Proudly represents Bolton, Hudson, Maynard, and Stow**  
**State House**, Room 163, Boston, MA, 02133 / Phone 617-722-2130  
**District Office:** Maynard Town Hall, 195 Main Street, Maynard, MA  
**District Office Phone:** 978-897-1333  
**Email:** [Kate.Hogan@mahouse.gov](mailto:Kate.Hogan@mahouse.gov)

# REOPENING OF FINE ARTS THEATRE

We are hopeful that we will be able to reopen very soon!  
Movie theaters are set to reopen during Phase 3 of the  
states reopening plan.

Stay tuned for more information on our reopening. In  
the meantime, check out these films coming to theatres  
later this year. (Note: some of these are NEW release  
dates as the original release may have been pushed back  
due to COVID-19)

COMING JULY 24

## MULAN

To save her ailing father from serving in the  
Imperial Army, a fearless young woman  
disguises herself as a man to battle northern  
invaders in China.

COMING JULY 31

## TENET

Tenet is an upcoming action thriller film  
written and directed by Christopher Nolan. It  
stars John David Washington, Robert Pattinson,  
Elizabeth Debicki, Dimple Kapadia, Michael  
Caine, and Kenneth Branagh.

COMING OCTOBER 2

## WONDER WOMAN 1984

Wonder Woman squares off against the Cheetah,  
a villainess who possesses superhuman strength  
and agility.

COMING NOVEMBER 6

## THE BLACK WIDOW

At birth the Black Widow (aka Natasha  
Romanova) is given to the KGB, which grooms  
her to become its ultimate operative. When the  
U.S.S.R. breaks up, the government tries to kill  
her as the action moves to present-day New  
York, where she is a freelance operative.

COMING NOVEMBER 20

## NO TIME TO DIE

Recruited to rescue a kidnapped scientist,  
globe-trotting spy James Bond finds himself hot  
on the trail of a mysterious villain, who's armed  
with a dangerous new technology.

COMING NOVEMBER 20

## SOUL

Joe is a middle-school band teacher whose life  
hasn't quite gone the way he expected. When he  
travels to another realm to help someone find  
their passion, he soon discovers what it means  
to have soul.

COMING DECEMBER 18

## WEST SIDE STORY

Two teenagers from different ethnic  
backgrounds fall in love in 1950s New York City.

COMING DECEMBER 23

## TOP GUN: MAVERICK

After more than thirty years as one of the  
Navy's top aviators, Pete Mitchell is where he  
belongs, pushing the envelope as a courageous  
test pilot and dodging the advancement in rank  
that would ground him.

COMING SOON TO  
FINE ARTS THEATRE PLACE

fineartstheatreplace.com | 978-298-5626



Premiering  
June/July 2020



THE GRAND OPENING OF THEATRE  
CREAMERY, AJACENT TO FINE ARTS  
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